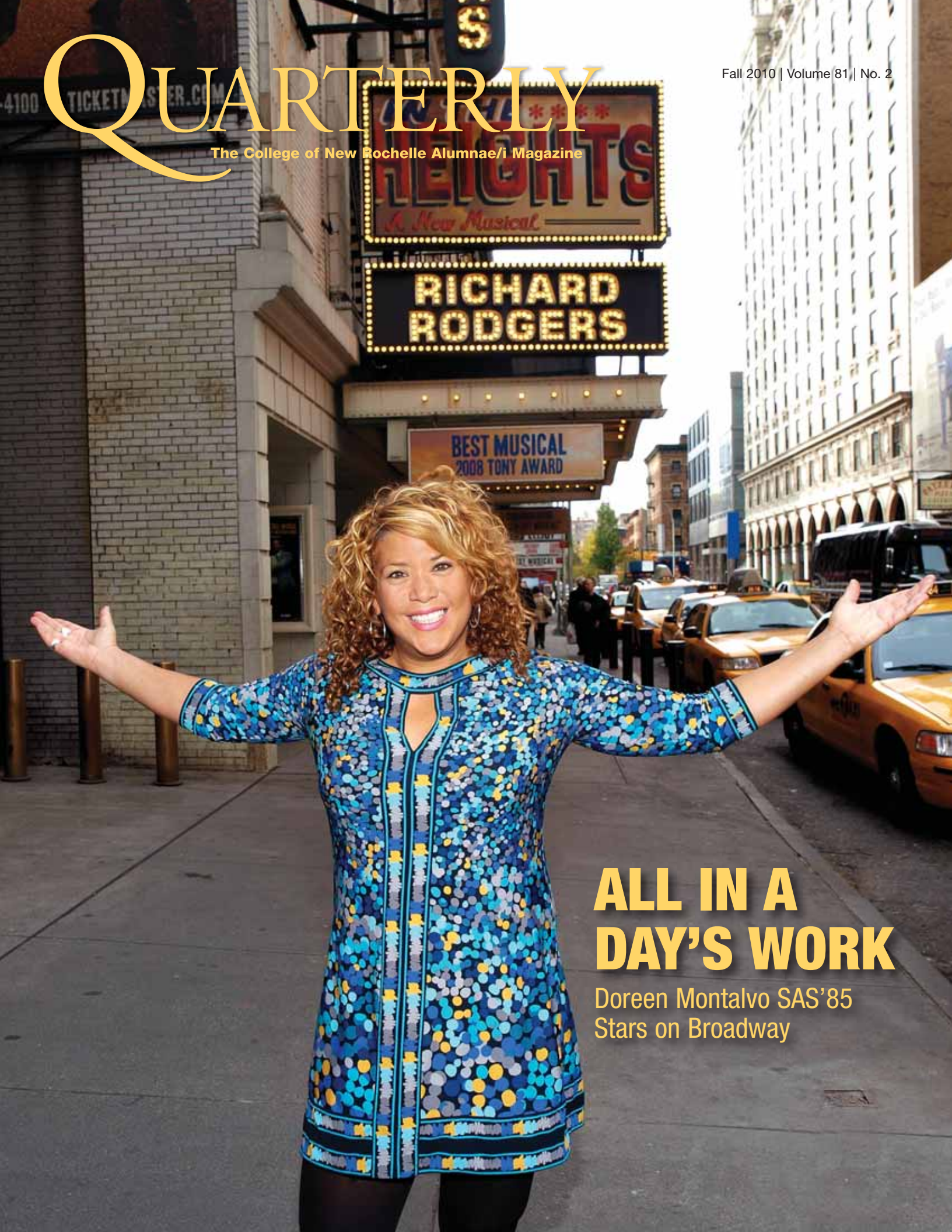
QUARTERLY
The College of New Rochelle Alumnae/i Magazine
Fall 2010 | Volume 81 | No. 2



ALL IN A DAY'S WORK

Doreen Montalvo SAS'85 Stars on Broadway

QUARTERLY

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QUARTERLY (ISSN 1550-8153) Volume 81, No. 2 Fall 2010 is published quarterly by the Office of College Relations, The College of New Rochelle, 29 Castle Place, New Rochelle, NY 10805-2339. Periodicals postage at New Rochelle, NY, mailing office. POSTMASTER: Send address changes to *QUARTERLY*, The College of New Rochelle, 29 Castle Place, New Rochelle, NY 10805-2339.

Cover Photo:
Doreen Montalvo SAS'85 currently part of the cast of *In the Heights* on Broadway stands in front of the theater.



A group of students spent Saturdays this fall doing chemical and physical tests on the Sheldrake River. **STORY ON PAGE 21.**

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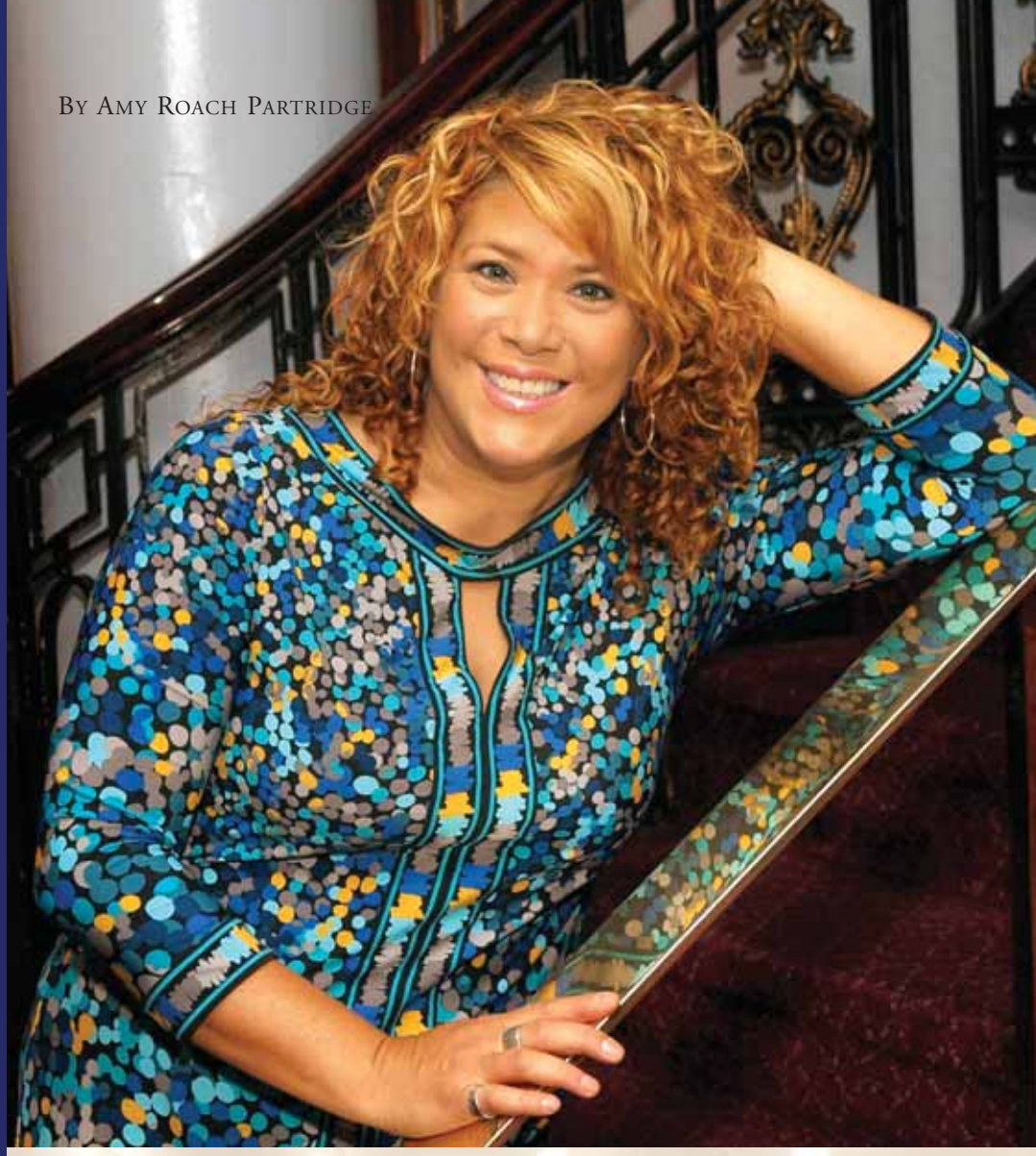
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ALL IN A DAY'S WORK

At CNR, we speak of providing wisdom for life, a foundation for much more than just your future career but for life in general, personally and professionally, a foundation for wherever life takes you, whether it's just a few years after graduation or seventy years later. Meet some CNR alumnae/i who are utilizing that foundation in numerous endeavors. >>>



By Amy Roach Partridge



Right at Home on Broadway

DOREEN MONTALVO

SAS'85

On most evenings in New York City's Times Square, Doreen Montalvo can be found among the throngs of people rushing down Broadway. But unlike the tourists heading for theater seats, Doreen is heading to work as a cast member of the Tony Award-winning mega-hit *In The Heights*. As she makes her way to the Richard Rodgers Theater, she is living her dream—and loving every minute of it.

"The best part of my day is when I get out of the subway and walk down 46th Street toward the theater. I can see the marquees lighting up and feel the buzz of people gathering around and I think, 'I get to go to work at this amazing Broadway show,'" says the Bronx native. "It has always been my dream to do this, and I never get tired of that feeling."

Doreen performs each night with *In The Heights* as the Bolero Singer and a member of the Ensemble. She is also the understudy for three main characters, Camila, Abuela, and Daniela. So while she knows she will be on stage singing and

dancing at each performance, she often doesn't find out until the last minute exactly which role she'll be playing. "I can get a message from my stage manager as early as 10 a.m. or as late as 6:45 p.m. telling me I have to be ready to play a specific character that night," Doreen explains. The variety keeps her on her toes. "I love it," she says. "It keeps the show fresh for me."

An Amazing Creative Journey

That sense of freshness is key because Doreen has worked on *In The Heights* since its inception in 2002. When the show first came to New York—it began as writer/creator/performer Lin Manuel Miranda's student project at Wesleyan University—Doreen was invited to read for Miranda and the producers.

She originated two characters that are no longer in the show and played various others in the off-Broadway version before settling into her current roles when the show moved to Broadway in 2008. To say she understands the roots of the show is an understatement. "I have been involved in the creative process of putting the show together basically from the ground floor, and it has been such a wonderful experience," she notes. "I've been working in theater for a long time and to be in a show of this caliber, and one that carries such an important message—it is just phenomenal."

The runaway success of *In The Heights* is a source of joy and pride for Doreen. At the 2008 Tony Awards, where the show received 14 nominations and took home four wins including Best Musical, she fondly recalls the cast's celebratory reaction. "We made a ridiculous stampede of crazy-happy Latin actors running down the aisles of Radio City Music Hall. It was brilliant," she says. Doreen herself also earned a 2007 Drama Desk Award for Best Ensemble as part of the cast.

But she counts the musical's impact on audiences as the real payoff. "After we opened off Broadway in 2007, I started to realize that this show would change people's lives. Hispanic kids could now come to the theater and see people onstage who look like them. I didn't have that growing up," explains Doreen, who is of Puerto Rican descent. "But," she adds, "the beauty of *In The Heights* is that it is so universal. It is a story about love and about home, and you don't have to be Hispanic to feel connected to it."

The Theater Connection

Doreen's passion for the theater has its roots in her childhood. While growing up, her father was involved in a Spanish theater company and she began singing when she was just seven years old. But her plan was to work as a television broadcaster. She began CNR with her mother's advice to "do something practical" ringing in her ears and became a communications major. The theater bug bit her anyway, and she spent four years in CNR's Glee Club under then-director Jerry Fisher, who is still her voice teacher today.

Her journey from college grad to her current success with *In The Heights* took Doreen through jobs singing on cruise ships, stints with regional theater productions across the East Coast, and five years acting with the Spanish Repertory Theater in New York. She also appeared in numerous off-Broadway shows, including the title role of 1950s Cuban singer La Lupe in *La Lupe: My Life, My Destiny.* She earned a 2003 HOLA (Hispanic Organization of Latin Actors) Award for Best Actress for her role as the 100-year-old ghost of Cuba in the one-woman show, *Havana Under the Sea*.



Performing at the "To Mexico From New York with Love" benefit concert

Today, Doreen's days are filled with auditions, rehearsals, and performances. "Being a working actor in New York City, you're always going to a lesson or a dance class or even just going to the gym to keep up your momentum," she explains. "I am also frequently sent out by my agent for TV or film or commercial work, so I'm always preparing for something."

Right now that preparation has her a bit more hectic than usual. In addition to *In The Heights*, she maintains a recurring role as Dr. Baez on ABC's *One Life to Live* and has also appeared in episodes of *The Good Wife* and *Law & Order* as well as other TV shows. She is also rehearsing a show called *The 10th Floor*, which is part of the annual New York Musical Theater Festival, and preparing for her solo cabaret act, *I've Just Got To Sing My Song*, which she performs at various New York City venues. "I'm rehearsing every day for *10th Floor* and working on the music for my cabaret show in addition to being at the theater every night for *In The Heights*. It's a bit crazy," she admits.

And it gets a little crazier. Doreen is also recording her second music CD, which will feature both Spanish and English-language songs. Her first CD, *Volvere*, a compilation of Spanish-language ballads and old standards, earned her a Latin Grammy nomination in 2005. The inspiration for that CD came from *Havana Under the Sea*, which she performed with Meme Solis—"the Burt Bacharach of Cuba," as Doreen describes him.

"The producer never made a recording of *Havana Under the Sea* and we decided that the music was too beautiful to let go, so Meme and I recorded it and it turned into this really cool album," she says.

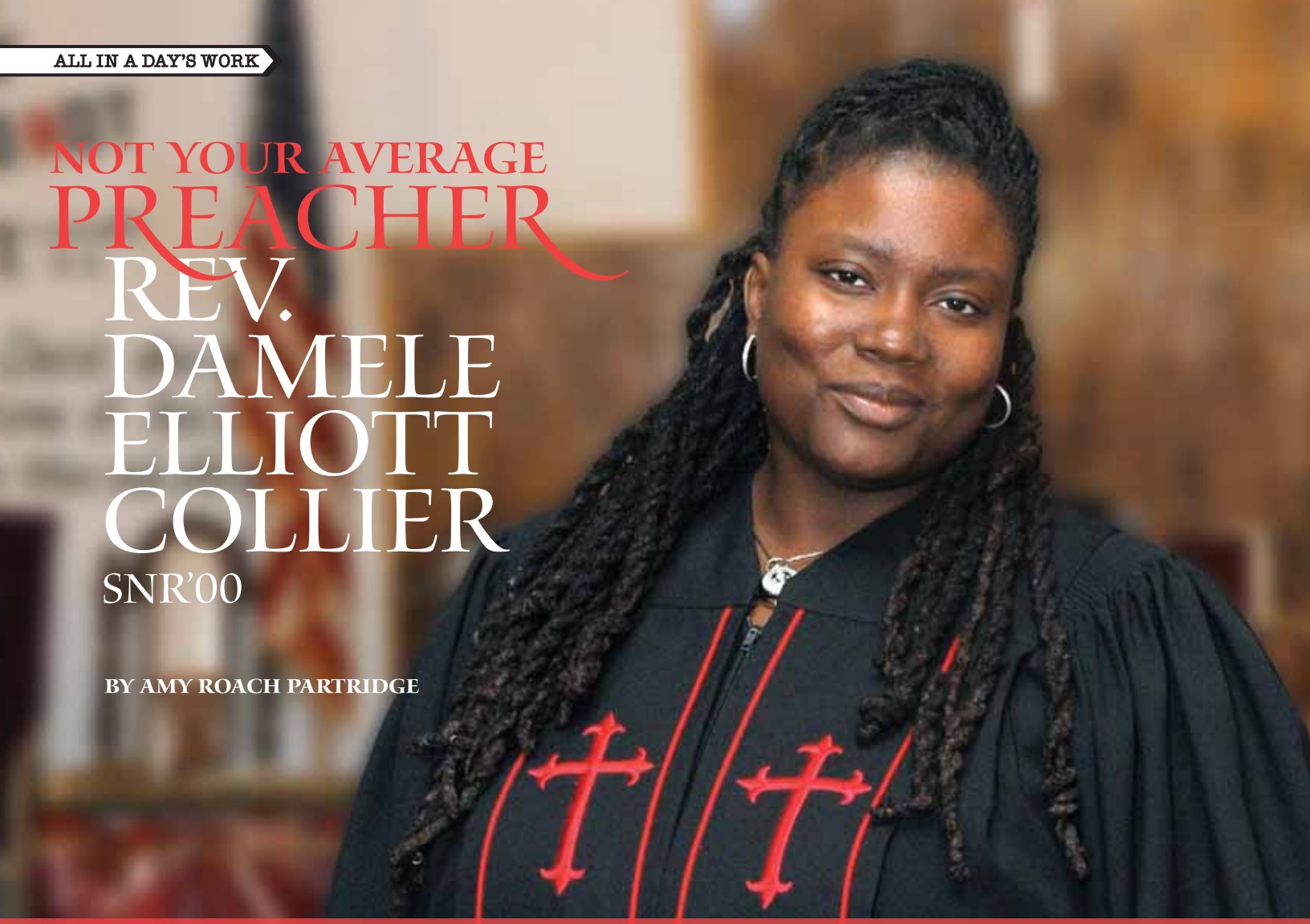
During the little downtime she can grab, Doreen and her stage manager husband Mike like to retreat to their house in the Pocono Mountains—where she was when we caught up with her. The peace and quiet allows her to unwind and regroup. "I like to come here and just relax; we go hiking with the dogs or canoe and kayak on the Delaware River," she says. Far from the lights of Broadway, the multi-talented Doreen can reflect on the journey she's taken and the frenetic pace she keeps up back at home in Manhattan. "I am living my dream, and I couldn't ask for anything more," she says. ■

NOT YOUR AVERAGE PREACHER

REV. DAMELE ELLIOTT COLLIER

SNR'00

BY AMY ROACH PARTRIDGE



Growing up as a "PK"—a preacher's kid—Rev. Damele Elliott Collier missed out on a lot of typical childhood fun. Instead of playing tag and Double Dutch with the other kids in her Flatbush, Brooklyn, neighborhood, Damele spent much of her time traveling around to different churches and attending revivals with her Baptist preacher parents. "The life of a PK is very unique," Rev. Damele explains. "You spend a lot of time in church, and you also live under a magnifying glass—everyone wants to know what the preacher's kids are doing. But as an adult, I'm so grateful for that life and for the cultural richness and spiritual education I received."

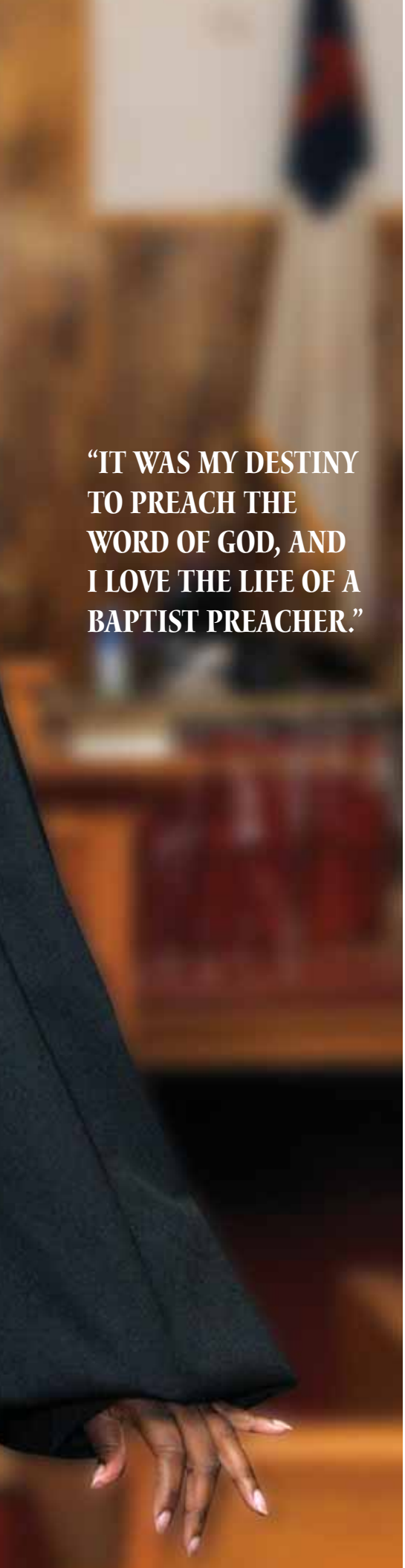
Today, Rev. Damele sits on the other side of the fence. She and her mother, Rev. Susie Elliott, are co-pastors at Brooklyn's Mt. Paran Baptist Church, and Damele is raising two PKs of her own—a position she never imagined herself in. "Being a preacher was not part of my plan. I vowed when I was 18 that I was leaving the church to find out who I was," she explains. "But destiny cannot be avoided. It was my destiny to preach the word of God, and I love the life of a Baptist preacher."

The life of this Baptist preacher, however, is anything but typical. In addition to her role at the church, Rev. Damele teaches English composition at Medgar Evers College in Brooklyn, hosts a weekly blog talk radio show called *Chasing God*, is writing her third novel, working on her second film, and producing a television show called *Independent Film in America*. She also relishes her role as mother of two busy and talented children. "Managing my children's schedules takes up a lot of time in a typical day," Damele says of her 15-year-old son Hassan, who plays clarinet at the prestigious Julliard School, and daughter Ashé, 12, who is a national chess champion. Both kids are also brown belts in karate.

Go Big or Go Home

Embracing such a multi-faceted life comes naturally to Rev. Damele, who counts prayer, meditation, and her husband, Carlton Collier—"a master chef who keeps us all very happy"—with keeping her balanced. "I have a Kamikaze way of doing things. Go big or go home is my motto," she jokes.

Uniting her myriad passions is a desire to impart positive change in her community while bringing the Christian voice into everyday life. That theme runs through all her endeavors. "Our personalities are no accident. If I see something I don't think is right, I'm going to speak up about it, and it's wonderful to be able to do that and to uplift people through all my venues—preaching, writing, teaching, radio, and film," she explains.



"IT WAS MY DESTINY TO PREACH THE WORD OF GOD, AND I LOVE THE LIFE OF A BAPTIST PREACHER."

Instead of shying away from the tricky questions of morality in modern society, she embraces the chance to bring these issues to the forefront. Addressing from a Christian point of view controversial, timely topics such as immigration laws, legalizing marijuana, and domestic violence—an issue Rev. Damele believes the church "has been silent about for far too long"—is the idea behind her radio show, *Chasing God*. The show, which airs on Wednesday nights via the online radio network BlogTalkRadio, has garnered listeners from around the country and as far away as New Zealand. "I'm very excited about the show, and the chance to allow Christians to have a voice on these critical topics," she says. "It is important for us to explore how our religious beliefs impact the way we see politics, the way we think laws should be made, and what we see as the Church's role in various areas."

For Rev. Damele, that role is an active one. "We are the hands and feet of God," she says, "so it is important for us to tackle things head on. I think the community should see the church having an active role in the social issues that shape our nation and shape our world." Practicing what she preaches, her church offers monthly HIV testing, a homeless ministry, a food pantry, counseling services, and even cooking classes.

A Woman of Many Mediums

Rev. Damele brings that idea of fitting God's message into the modern world into her film projects as well. Her first movie, a short film entitled *Hidden*, promotes the importance of HIV testing, something she is passionate about. The movie chronicles a young man who takes an HIV test and explores his journey after receiving the results. "The film is still being shown in churches, schools, and community centers, and I've had people e-mail me to say they got tested after seeing the film," Rev. Damele says.

In true Damele fashion, she produced the movie without a lick of training and filmed it in two days on a nonexistent budget. The result was a second-place award at the 2008 Kingdomwood Christian Film Festival. "I was told by several people that it is impossible to make a short film in two days," she recalls, laughing at how she thrives when challenged that way. "When someone tells me I can't do something, that is motivation for me. My response? Pull up a chair, get some popcorn, and watch the show, because it is getting done," she jokes. Currently, Rev. Damele is in the midst of a fund-raising campaign for her second film, *Rehabilitated?*, which will address the issue of incarceration among young men of color.

Her interest in filmmaking has sparked Damele's latest project, a television show that aims to give independent filmmakers of all types a platform and a voice. Two episodes of *Independent Film in America* have already aired, and she expects to be devoting a lot more of her time to the show soon. "My husband and I are planning to take the show to Atlanta to film this year's Kingdomwood Festival, so we are really excited about that," she notes.

Rev. Damele has also not forgotten about writing, one of her earliest passions. While a student at Eastern District High School in Brooklyn, she won a citywide poetry contest and was featured in *The New York Times*—a precursor to her decision to focus on English composition and literature at The College of New Rochelle. She has since shifted to penning novels, with two to her credit: *Fields of Gold*, a work of historical fiction, and the Christian romance *Touch of Destiny*. "Currently, I'm working on the sequel to *Touch of Destiny* as well as a science fiction novel," says Damele, who likes to cross genres and reach a variety of audiences with her writing.

But with all the exciting ventures and opportunities keeping her days busy right now, she feels her role as wife and mother is still the most important and satisfying. "The best part of my day is when my husband and my children and I are all home and safe and talking about what we accomplished that day," Damele says. "In the end, it is really all about having that strong family unit." ■

No Place Like Home-School

Elaine Tolley Andrews SAS'90

By Gary Rockfield

Marriage to a U.S. Army officer has kept Elaine Tolley Andrews on the move—11 different homes at nine bases over 19 years. But at least her four children have the same teacher every year.

That's because Elaine has been leading their classes herself, at the family's kitchen table, ever since her oldest reached kindergarten age.

"I had talked to other military parents who home-schooled. It provides continuity, one less thing that changes when you have to move. And I liked their family dynamic, how close they seemed."

Fourteen years later, Elaine says home-schooling "has definitely brought us more together as a family. And I think the children develop a closer relationship than what I had with my own siblings."

Books, lesson plans, and other home-school costs do add up, but nowhere near the tab for private-school tuition. Another benefit is the flexible schedule—the Andrews kids get to spend more time with Dad, whose rare days off don't always coincide with the traditional school calendar.

And that time together grows ever more precious as Lt. Col. Frank Andrews awaits a year-long tour of duty in Afghanistan, starting next spring.



With husband Frank at a welcome ceremony for one of the new generals on the Fort Drum base

Movin' On

Home right now is Fort Drum, NY, north of Syracuse. But Gregory, now 18, and Jessica, 16, were born when the Andrews were stationed in Europe—followed by Melissa, 13, in North Carolina and Michael, 10, in Louisiana.

"So we have two Germans, a Tar Heel, and a Cajun," Elaine laughs.

Other stops included Georgia, Kansas, and Missouri. "We've lived this life for so long it seems normal," Elaine says, noting that many Army families must pull up stakes even more frequently.

"The kids have been really good about it, and it's the only life that they know. Wherever we are, they know they're going to be moving again."

They've also been good about doing their home-schoolwork. And if the work is not getting done, their teacher simply insists that after-school or weekend fun will just have to wait.

"They don't fight me too much. I think our relationship is different from with a teacher at school, because they have to live with me and I have to live with them."

The Andrews children have learned to become self-starters, studying independently as Elaine rotates her individual attention—confidently covering even that subject most adults dread like the plague.

"Oh, math is the easy part," Elaine will assure you, revealing that she majored in the field at CNR. She also "did the whole education certification track," including student-teaching—little knowing it all would come in handy years later.

Family Values

The idea of home-schooling first struck Elaine as Frank was stationed at Fort Bragg, NC. That huge complex offers its own elementary schools, but with Gregory nearing kindergarten age, Elaine was concerned about an impending transfer to rural Louisiana, and the many future moves she knew were in the cards.

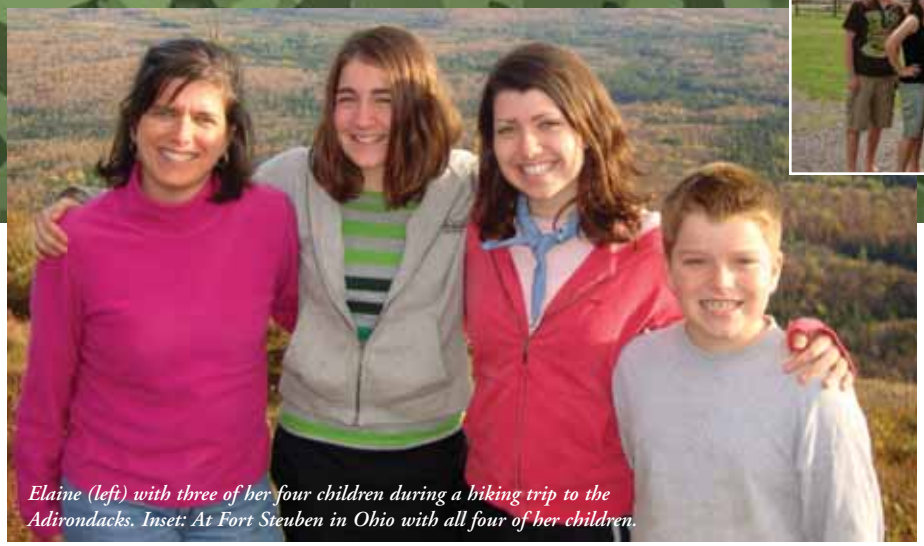
So with the family computer not yet hooked up to the Internet, she lugged home stacks of library books to start up the home-style Andrews Academy. Today, as home-schooling gains in popularity—an estimated 3 percent of U.S. children—entire curriculums are readily available at the click of a mouse.

"There's a range," she explains, "from traditional approaches to the 'unschoolers,'" parents who utterly reject the typical classroom experience.

Elaine began at the traditional end of the spectrum, with a full set of Catholic-school lesson plans. But now, with more experience, "I like the flexibility of being able to tailor what we do to my children's strengths and interests."

"I've learned so much from them. They ask such good questions: 'Why this? Why that?' And when you have to explain something, it pushes you to think things through as well."





Elaine (left) with three of her four children during a hiking trip to the Adirondacks. Inset: At Fort Steuben in Ohio with all four of her children.

She also values sharing breakfast, lunch, and prayer time with the kids. And the floor is open any time of day or night for discussion about course material or deeper matters.

"*I've* learned so much from *them*. They ask such good questions: 'Why this? Why that?' And when you have to explain something, it pushes you to think things through as well."

The Bigger Picture

While home-schoolers often are stereotyped as stubbornly shielding their brood from the outside world, Elaine's kids make plenty of friends through church, scouting, local sports leagues, theater, and music groups. Gregory also chose to go off-base for his last two years of high school, before heading to Franciscan University in Ohio this fall.

Elaine gives her class a summer break for camp, trips, and family visits, although "we still do summer reading programs at the library, plus a little math to keep everybody's brains working!"

Laws on home-schooling vary state to state, with little regulation in some rural areas but far more in New York —lesson plans, attendance records, and other documentation parents must file. Home-taught children also generally take the same SATs and other standard tests their peers must endure.

But the Andrews see a side of home-schooling that no multiple-choice test can measure.

"The longer we do this, the more we sit down and think about what is important, what do we really want our kids to know? What kind of people do we want them to become? You begin to think bigger-picture, and we've been able to share our values with them."

Honor and Country

Frank and Elaine became teenage sweethearts at a North Carolina church group. Their lives changed forever when Frank first barely missed admission to the U.S. Military Academy at West Point—but then squeezed in when an entrant ahead of him failed the physical. Elaine meanwhile headed for CNR, following in the footsteps of a grandmother and great-aunt.

The pair wed soon after college, and began their travels as Frank rose through the ranks to lieutenant colonel —he's now top deputy to the commander of a 3,500-troop brigade in the Army's 10th Mountain Division.

Frank served 15 months in Iraq's Sunni Triangle in 2006-07, during the U.S. surge to pacify that deadly region. So the family has some idea of what to expect when he heads to Afghanistan next spring.

"When he was in Iraq for a year and then got extended," Elaine recalls, "those extra three months seemed like another whole year. That was the first really long deployment he had been away on, and it was much harder than I'd imagined for us all to readjust. The kids had grown so much in 15 months; there was so much he had missed."

Reaching out to other Fort Drum families facing a loved one's absence, Elaine pitches in on Family Readiness Groups and Care Teams that offer support and counseling. "I think the military has come a long way in doing more to support its families," and she sees her role in this work as an important complement to her husband's leadership duties.

With 20 years of service, Frank could retire right this minute, Elaine points out. "But he believes in what he's doing and is passionate about taking care of his troops."

So for now, Uncle Sam will keep calling the shots. But still, she adds cheerfully, "We always joke that Frank got the first 20 years, so I'll get the next 20 to decide where we go.

"He's always bugging me with 'So where are we retiring?' and I say I don't know yet. It seems weird to think about, seeing yourself in just one place." ■

EMERGENCY RESPONSE

Therese Bianco SN'00, GSN'08

BY GARY ROCKFIELD

"I thrive on stress," says Terri Bianco, "and I've learned how to defuse stressful situations." That's a useful skill set when you run an inner-city emergency room.

Terri is Emergency Department Clinical Coordinator at Wyckoff Heights Medical Center in Brooklyn, where the ER each day treats more than 250 patients—from cold and flu cases to heart attack, stroke, and gunshot victims.

"The first thing I do each morning is go on rounds, to see that every patient's needs are being met. I make sure everything that's supposed to be done is done, that full precautions are in place. If someone needs counseling or crisis intervention, they get it. If we have a psych patient, I make sure someone is always with them.

"I try to let incoming patients know how long their wait will be, and tell families what's happening. If they have a complaint or concern I try to explain things in plain English, not medicalese.

"It's a full customer-service job," says the lifelong Bronx resident, whose first career was in retail. "And if I have someone who is very upset, that's where my holistic training comes in."

The Art of Listening

A graduate of CNR's Holistic Nursing program, Terri believes that keeping her head can keep others from losing theirs amid the pressures of ER work.

"It's called 'patterning the field.' If I'm putting out stress-free vibes, they will spread in waves throughout the ER. If I'm calm, everyone else is calmer. We even try to talk in low, steady voices."

Holistic nursing, Terri explains, "is about 'whole.' It's everything—mind, body, spirit." Stress can sometimes be relieved just by talking, she says, emphasizing the art of "active listening."

"That means when I'm with a patient, everything else goes away. I'm not thinking about what I'm making for dinner, or just standing there going, 'Uh-huh, uh-huh, uh-huh.' When I'm talking with a patient I'll also be rubbing their hand, and they might not even realize I'm doing it, but they realize later that someone has been there for them.

"Sometimes it's just a matter of explaining what's going on. But whatever they need, that's what I'll do. If they're nervous about getting a CAT-scan, I'll go up, put on the lead apron, and stand right there with them."

One man came in with a major nosebleed and an even more serious anxiety attack. "So I started talking to him, and meanwhile I was giving him a neck massage until he calmed down. The doctor who was with us said he'd heard about this but had never actually seen someone do it. And the family was so grateful."

Signs of the Seasons

Grateful that Wyckoff management is open to holistic concepts, Terri is also helping lead a program to make hospital care less stressful for victims of sexual assault and domestic violence.

"The idea is simply to make sure someone is with them, so they're not alone if they want to talk, cry, yell, whatever it is. To ask if they want to call the police. To explain the medical examination, so they don't feel re-violated by it."

Wyckoff's emergency department will treat some 85,000 patients a year—nearly one-third of them children, with asthma an increasingly serious threat among area youngsters. A team of 70 nurses and 30 techs staffs the 40-bed adult ER and a 15-bed pediatric section.

Sex assault and other violent incidents tend to spike in the summer, along with cases of heat stroke and dehydration, especially among older people who don't have AC.

But winters produce the heaviest patient load, as cold and flu sufferers flock to the Wyckoff ER in Brooklyn's Bushwick neighborhood.

"It's a distressed area," Terri explains, "with a lot of poor people and illegal immigrants who can't afford to see a doctor."

Fast and Faster

If, God forbid, *you* ever need ER care, keep in mind that it's not first-come, first-serve. A triage specialist will first assess just how "emergent" you are, and Terri says chest pains usually rate the highest priority.

"We don't want anyone having a heart attack in the waiting room. A guy who says he feels like there's an elephant sitting on his chest is going to be seen before the guy with lower back pain. He'll be getting an EKG within 10 minutes of hitting the door. If there's a stroke victim, we call a stroke code throughout the hospital and get that patient right to a CAT-scan."

If the situation is less dire, you'll sit down to wait for ER treatment, and Terri says that on a good day at Wyckoff it'll be less than an hour. She also runs an "urgent fast-track" program which expedites care for simple cuts and other easily treated conditions.

Along with quality and speed of treatment, Terri also



> "That means when I'm with a patient, everything else goes away. I'm not thinking about what I'm making for dinner, or just standing there going, 'Uh-huh, uh-huh, uh-huh.'"

must manage the logistics of patient flow. Who should be sent "upstairs" for further care? Do they need an ICU bed or other specific resources? "Our admitting person comes in at 8 and we coordinate all day on who needs to go up fast."

And then there's Code Orange—the warning that multiple patients will be arriving from a nearby fire or other large-scale mishap. "An entire disaster team gets ready to go, and anyone who can be discharged gets discharged," to free up the needed beds.

For whatever reason, Mondays tend to be the ER's busiest—but it's never really slow. "We don't use the S-word," Terri points out. "We just say we're having a good day, or it's Mister Rogers' Neighborhood."

The Ground Floor

Other days are not so good, and Terri acknowledges that death is a part of ER life.

"We have a number of patients who are DNR or DNI—do not resuscitate, do not intubate. Then there are the ODs, the stabbings, shootings, people walking in saying, 'I want to kill myself.' We had one girl come in with 25 gunshot wounds. She didn't make it."

But despite the mayhem, emergency-room work has always been Terri's choice. And after 10 years with Montefiore in the Bronx, she joined Wyckoff late last year for the chance to step into ER management.

"I like being able to make the changes that need to be made. Wyckoff is growing, adding resources, and I wanted to get in on the ground floor."

Medicine is "definitely a second career" for the 1979 Mercy College business grad, who worked in operations management with retailers such as Loehmann's and Sears. (Husband Nathan is with Con Ed.)

When layoffs hit Sears, Terri found a neat fit as director of telecommunications at Mount Vernon Hospital—where the doctors were so impressed that they urged her to go into nursing. She graduated CNR in 2000 and returned to complete her master's in 2008.

Holistic medicine held an instinctive appeal for Terri, who says her Native American grandfather and Austrian grandmother both were savvy about wild plants and other natural cures. "Back then you took care of yourself instead of going to the doctor."



A Sixth Sense

To keep staff and patients on an even keel, Terri calls upon her knowledge of homeopathic drugs, aromatherapy, and "energy work. I act as the straw, channeling the force."

The force is with her in other ways, too. "I'll be walking past someone and all of a sudden I'll get *something*. I don't see it or hear it, I just *feel* it.

"A few weeks ago I asked an EMS person if he drives on a very winding road. He said yes, and I warned him to be careful. Two days later he told me he had just barely been missed by a boulder some kid rolled down the hill.

"Everybody has a sixth sense. It's just a matter of how much attention you pay to it."

But no sixth sense can predict who might come in next through Terri's emergency room doors.

"There was the man with three stab wounds who just calmly walked in and sat down to wait. Then you'll have someone with a paper cut start yelling at you. You just can't make it up. Life in the ER is never dull. It's something new and different every day.

"And it suits me because I've learned to take stress and go with the flow, like a wave." ■



Discussing an art project with student Erin Pak in her classroom at New Rochelle High

Art from the Heart

Alexandra Rutsch Brock GS'93

BY GARY ROCKFIELD

With a more relaxed setting than the typical high school classroom, art class gives Alexi Rutsch Brock a chance to hear what's on students' minds as their works take shape.

"Maybe they just broke off with their boyfriend, or their mom's in the hospital. They feel comfortable with me," says the New Rochelle High School art teacher, "and the room just lends itself to open dialogue about life."

And when Alexi sits down to create her own art, the results reflect her own inner dialogue. The style is abstract, "but the work is always personal, inspired by what's going on in my life at the time."

Take the series of paintings she calls *Visions*, begun six years ago—when husband Steve was undergoing a stem-cell transplant for lymphoma, and the pair also were struggling to have a second child.

"Your life is being controlled by all these microscopic things that you can't see, so it all went into what I call these 'cellular landscapes'"—hauntingly cardiovascular vistas, as if from some dreamlike remake of *Fantastic Voyage*.

"It may seem like an abstraction, but to me it was very autobiographical."

Births, deaths, relationships, all such life events translate into brush strokes on her canvas. "And still," Alexi adds cheerfully, "most artists will say it's OK if the viewer comes away with something completely different than what you intended.

"Take a Monet landscape. One person might just see the sun and a haystack, but someone else might say, *'It's the dawn of a new day!'* That's the best thing about art, that people do have different interpretations."

And the second best thing? That Alexi gets to teach what she loves.

"We have an amazing program here at NRHS," she says, noting that the school has nine art teachers on staff, many of them exhibiting artists and six with master's degrees from CNR.

Connecting with Art

Alexi's workday begins even before the first bell—she's one of several teachers in her school's Performance and Visual Arts Education program, PAVE, which brings in a cadre of talented students at 7:20 each morning for their choice of classes in theatre, music, dance, and painting.

Alexi will work with the same students over three years of PAVE, while they also take their regular art courses later in

the day. The state-required studio course gives all NRHS teens a dose of art history, plus a daily chance to express themselves in a variety of art forms. Many continue with electives such as graphics, sculpture, ceramics, photography, even set design.

"High school," she believes, "is a time for exploring what you want to do with your life and your career. There are a lot of kids who, if you told them they'd end up taking art for four straight years, would say, *'No way!'* But they get involved and find that they love it."

In PAVE as with the standard curriculum, "we try to connect to what's happening in the world of art. Like when Christo and Jean-Claude installed their controversial work *The Gates* all through Central Park—we had the kids go see it, then create mock-ups of how they would change the environment here at the school."

Students visit museums and mount exhibits at local venues such as the public library, City Hall, and the Museum of Arts and Culture. Alexi also brings in noted guest artists such as Whitfield Lovell—her former college mentor at Manhattan's School of Visual Arts (SVA)—to discuss their work and paint the picture of an artist's daily life.

Lovell, who draws with charcoal on wood and then adds various "found objects," advised Alexi's students as they tried their hand at self-portraits. Another memorable guest was Chris Burns, who collected shoes from civil-rights marchers for an installation called *Soles of the Movement*.

A Changing Landscape

It's no surprise that by age three Alexi was a familiar face at her hometown Pelham Art Center. Her father was the noted painter Alexander Rutsch, her mother Kathy an accomplished artist as well.

"I had their full support when I wanted to go to art school," recalls Alexi, who found that most of her fellow students at SVA "did not have their parents' blessing for this kind of career. But I feel that the arts are far more respected now, as are careers in the creative field."



"Take a Monet landscape. One person might just see the sun and a haystack, but someone else might say, *'It's the dawn of a new day!'* That's the best thing about art, that people do have different interpretations."

In preparation for these careers, NRHS students meet with art-school reps at an annual Portfolio Day, learning to handle the pressure of presenting their work to a potential employer or college admissions officer.

Even for teens pointing toward an academic program rather than an art school, Alexi says a creative portfolio can be the one crucial extra that opens the door. "You need everything to get into school these days, not just the grades."

Technology, of course, has made it much easier for artists to create and distribute a virtual portfolio, rather than lugging around those bulky black satchels. "The kids now are so computer-savvy," Alexi laughs. "Give me a break!"

The New Rochelle resident covers more graphic design than when she first started teaching 20 years ago, at the dawn of the cyber-era. Students have PCs, Photoshop, and Adobe Illustrator. Digital cameras let them easily photograph their work day by day to review its progress.

"Just having the Internet is amazing for teaching art. I can immediately call up and show what I'm talking about. You have the world at your fingertips, without having to pile up stacks and stacks of stuff."

Making an Impression

"My favorite thing about our school," Alexi adds, "is that kids get the whole range of arts experience—not just creating but curating, writing, teaching. You can be in the arts without being an artist. We've had students go on to be art historians, museum employees, magazine editors."

And, of course, art teachers. Alexi double-majored in teaching and art at SVA, then joined NRHS in 1991 and attended CNR to earn her master's at night. "I did it at first for the convenience but ended up loving it. The faculty was great."

And the New Rochelle resident gives back by mentoring CNR student teachers at the high school, earning her merit credit toward college classes such as intaglio print-making. "I took that course five years ago and I'm really into it now," even creating head-to-toe impressions of herself, Steve, and son Max.

Intaglio, Alexi explains, is a laborious technique in which a design is etched by needle on a wax-coated metal plate. The plate is then bathed in acid, ink is forced into the etch-marks and the design is transferred to paper.

"My husband is a graphic artist, and all of his designs are on his Mac, so he's the neat one in the family. I'm the messy one!"

But Alexi does have a knack for organization, as seen in the many area exhibits she has curated since stepping in to help the Pelham Art Center mount a student show when she was just 19.

"I love going through people's work, figuring out how to install it and make it all into a cohesive exhibit. That's the big challenge, as well as dealing with so many different personalities." Curating shows also provides a fresh source of professional contacts and potential buyers for her own creations.

As with so many teachers, much of Alexi's "free" time goes toward grading, lesson plans, and grant proposals. And she's one of five NRHS teachers tapped to run a new freshman mentoring program.

Son Max, 11, also keeps Alexi busy. So it's never easy to find quiet time for her own artwork, in her basement studio at home.

"But I find that when I do go in, I'm actually more prolific than when I had more time. I'm much more focused and get into the work really quickly." ■



At the Naples Grande Competition

"Going from social dancing to competitive ballroom, is like progressing from college to graduate school. Learning the proper form and all the complicated steps is very cerebral."

Keeping in Step

Virginia Hartcorn Fortney SAS'40

By Gary Rockfield

When longtime friends get back together with Virginia Fortney, they don't want to hear about her wonderful family, career, and volunteer work.

"They just want to know how I stay so young and active! What's my secret? What do I eat?"

The answer, she confides with a smile, is "peanut butter. Lots of peanut butter."

It also doesn't hurt that Ginny, as she's known to her fellow 1940 grads, has been a physical fitness instructor for nearly 60 years—and at age 91 still leads exercise sessions for senior and community groups near her home in Garden City.

"What I like most is seeing all the smiles and the laughter. Everyone, including myself, comes out of class on a natural high."

Back problems forced Ginny to give up golf five years ago. "And I had just bought two brand new Lady Cobra woods," she laments.

But that's when a new door opened, and she stepped right through—into the high-pressure world of competitive ballroom dancing.

Best Foot Forward

"My husband Bill had died, and some friends invited me to a party at a dance studio," down in Naples, FL, where Ginny spends her winters. "I decided to give it a chance and got hooked.

"Going from social dancing to competitive ballroom," she explains, "is like progressing from college to graduate school. Learning the proper form and all the complicated steps is very cerebral."

But with the help of her 24-year-old Russian instructor Nazor, Ginny has aced every test, from smooth dances like the foxtrot, waltz, and tango to rhythm categories such as swing and salsa. At one competition last winter, she blew away competitors in their mere 70s and 80s, earning top scores in 34 of 40 heats.

"Eight years of ballet training in high school and college gave me a

solid foundation," she notes.

It may not be *Dancing With the Stars*, but even at the local level Ginny says ballroom can be a costly pastime. "The dinners, the entry fees, the gown I bought second-hand but still paid $1,000 for. Some of them run $5,000 or $6,000."

Expenses run high, and so does the tension. "You get up on that huge floor and there are hundreds of people looking at you, nine or 10 judges up on a big platform."

But pressure is no problem when you've always been quick on your feet. Ginny recalls how she was just four when she broke into an impromptu Charleston to cheer up some wounded WWI vets on a family hospital visit.

"Someone was playing a harmonica, and I just started dancing up and down the aisle between the long rows of beds. The applause and the laughter inspired me; from then on I just wanted to dance, and have done it all my life."

At the Hop

Scraping up the 50-cent or $1 cover charge in the days before WWII, young Ginny and her CNR friends would go dancing all night—"until our feet were about to fall off"—at live Manhattan shows by big-band greats Benny Goodman, Glenn Miller, or Tommy Dorsey. Closer to campus, they could hoof it to the famed Casa Loma band at Glen Island Casino.

"I loved smooth dancing, gliding around on those wonderful dance floors. We also did the Lindy, and the conga when Latin dancing came in. We'd go to special Rumba Matinees and see celebrities like Lucille Ball," whose hubby, of course, was popular Cuban bandleader Desi Arnaz.

"Quite a few famous dancers would come in," Ginny adds, "and of course we all hoped they would notice us!"

Ginny got noticed enough for a try-out with the Radio City ballet corps, but finally decided on teaching instead. She still has the letter from Mother Thomas Aquinas, her CNR dormitory mother and later college dean, urging her to build a career with her keen mind rather than her quick feet.

"I realized that the life of a dancer wasn't for me. And what I've been able to do with both the academics and the dancing has made me happy."



With members of her class which she leads in a workout twice a week at her complex's gym.

Keep it Moving

Growing up in Brooklyn, Ginny went to CNR at the suggestion of a family friend. "It was a marvelous college," but in those days "there essentially were just three things a graduate did: marry, become a teacher, or become a secretary. There wasn't a great deal of choice for women back then."

So Ginny felt fortunate to land a job teaching high school history on Long Island, after studying at Columbia under the famed historian Henry Steele Commager and doing her master's thesis on social dancing in America. (She notes how the waltz was greatly frowned upon when it came over from England in the mid-1800s, "because the partners actually touched.")

Ginny soon switched from history to phys ed, and when raising her three young sons "became a handful," she signed on in 1960 as a fitness instructor with the county adult-ed system, so she could work evenings.

Incorporating dance, yoga, weights, and aerobics, her classes were mostly geared to women. "I had one man I knew was just there to see all the women in tights and leotards. I told him, 'If you dress like that too, you can join the class.'" Needless to say, he was not at the next session.

Ginny finally "retired" from adult-ed at age 82, but has kept her whistle handy, leading workouts for neighbors and civic groups. "In physical fitness you can never really stop—it's too hard to get started again!"

Moving to a nearby apartment building after living in the same house for 48 years, Ginny immediately noted that the complex had a gym, plus plenty of senior women in need of some activity geared to their age group. So she started a twice-a-week fitness class, leading sessions live or playing old tapes of herself in action.

"The worst thing in the world is to sit around and say you can't do anything. If you just get up, put on a tape or CD, and find a buddy to work out with, it's amazing what you can do, how much energy you can stir up.

"And it makes all the difference in the world. Sometimes I'll see people looking a little lackadaisical coming into my classes, but you should see how spry they are at the end!"

Body and Soul

Ginny not only leads occasional fitness sessions at her church, but is a Eucharistic minister there, and drives a 95-year-old friend and fellow CNR grad to weekly worship. She serves as class news agent for the Class of 1940, and was honored earlier this year with an Angela Merici Medal for her many works on behalf of the College.

Two of Ginny's sons live nearby, with a third in Atlanta. Six grandchildren plus eight great-grandkids help keep her busy. While admitting she occasionally sits down for a crossword puzzle or a game of bridge, most of Ginny's activities keep her up and moving—and she urges fellow retirees to heed that example.

"I know there are times when people can't do what they want to do, but you can do something, even if it's just stretching, putting your arms over your head. Just 10 minutes can make you feel so much better.

"To me, when one door closes there's another that opens. Find an interest you really like. Take up a new game. There's always something going on in continuing-ed; try going as a couple or with a friend. Do something that makes you smile." ■

Small Wonders

Meril Schulman SN'04

BY GARY ROCKFIELD

They are a hospital's smallest patients, and a parent's greatest treasure. They are the "preemies" and other fragile newborns whose chance for life depends upon dedicated pros like RN Meril Schulman.

"Knowing your patient and being alert for any subtle change is crucial," Meril says, summing up 38 years' experience in neonatal intensive care. "It can just be your intuition at times. These babies are in such delicate condition, any change could be serious."

Asked to describe her typical day at Montefiore Medical Center in the Bronx, the Long Island City resident replies there's no such thing.

Even after 18 years with Montefiore's NICU, the Neonatal Intensive Care Unit, "every day is a surprise. You can come in and hear that a 24-week preemie is being born. Things can change so suddenly, and there's so much adrenaline flowing."

Nurses learn to handle the stress, but Meril says parents need a soothing touch. "It's a terrible thing for them, to be coming here instead of bringing their baby home. It's a very difficult time."

On the Alert

Arriving at 7 a.m. for her 12-hour shift, Meril will confer with the night-shift nurses on each of her little patients, then check readings and undiaper the babies for a complete head-to-toe assessment. How is the breathing? Skin tone? Blood pressure?

All this is repeated at least every hour. But even so, "things can change in a second. If you have to leave the room for just a few minutes you tell someone, 'Listen for my baby.'

"It's a sharing, and we all work very well together," Meril says—emphasizing that nurse practitioners, nursing and physicians' assistants, plus a range of specialists such as eye doctors, geneticists, and respiratory therapists all play key roles.

Some 14 NICU nurses are on duty at any one time, monitoring about 35 infants under intensive or more intermediate care. Each nurse will be responsible for just one or two tiny intensive-care patients, or perhaps four with less dire needs. "They are able to get more parental care as they need less nursing care," Meril explains.

Most of the NICU patients will be premature infants, some born after just 23 or 24 weeks' gestation rather than the normal 40-week term.

Meril's unit also treats newborns with respiratory or cardiac problems, surgical needs, or genetic defects. Then there are the problem-plagued infants sometimes born to moms with diabetes or high blood pressure.

Whatever the diagnosis, NICU nurses must be constantly on alert. Infants and especially preemies have very immature immune systems, Meril warns, "so as careful as you may be, they will still encounter infections.

"Just one little sign can point to a problem—just a blip in the heart rate and you might ask, 'What's going on?' So you assess further, get a blood sample, take their temperature. The longer you've worked in a particular area, the more you learn to anticipate a problem."

Putting Parents in Touch

The NICU may seem intimidating at first, with its high-tech incubators and coldly beeping machinery. But Meril urges parents to feel welcome right from the start.

"It's their child. There has to be touch, verbal communication. We have 24-hour visiting—we want the parents to be there and be involved, even with the most critically ill baby."

While some fathers have trouble expressing their emotions, Meril has learned that "most moms want to be as hands-on as possible, changing a diaper or singing to their child."

Do some parents try to get too involved? "If there are problems we don't take it personally," Meril says. She adds that parents learn to read the signs that it's time to back off for a while—a child's grimace, or a stress signal on the monitors. "We teach them to see this so we don't have to enforce it."

Teaming with a fellow NICU nurse and lactation-support specialist, Meril helps run a weekly family support group. It's a mid-day break when eight or 10 parents can get together and ask questions, discuss their baby's care, "or just vent about how scared they are or how other people don't know what they're going through.

"Just getting them in touch with other parents is the most important part."

Sometimes a parent's worst fears do come true, and a baby loses its fight for



life. The NICU offers bereavement counseling, even holds a yearly memorial.

"It's very difficult when this happens," Meril admits. "This is like our family. The parents have lost a dream, all the hopes and expectations they had for their child."

Younger Survivors

Increasingly, however, premature infants are winning the fight. "Back when I started," Meril recalls, "babies born at 28 weeks did not survive. Now we are saving them at 23 or 24."

But there is a tradeoff, she warns—these new survivors are more prone to physical or developmental problems. "The baby's future quality of life poses serious ethical questions, as does the pain they experience. It's important to never forget that babies do experience pain. It's amazing the technology we have now, the new antibiotics and diagnostics, the bells and whistles on the little boxes the babies live in. But there also has to be the human factor. We have to care for the entire family—and another change I've seen is that our care really has become more family-centered. Part of my job is to empower the parents, make them advocates for their baby."

Already a NICU veteran, Meril empowered herself with a master's in holistic nursing, earned over six part-time years at CNR. "My kids were all grown, I had always loved learning, and a friend at work was going to CNR's nurse practitioner program." With a certificate in infant massage, Meril tries to incorporate holistic concepts in her work.

A fan of meditation, T'ai Chi, and origami, she also treats herself to an annual travel adventure—Japan one year, perhaps Egypt or Iceland the next. This summer's trip was a trek to far-off Bhutan with friends from work.

Daughter Julia is also a nurse, son Peter a pro-bono attorney. Balancing work and family life was not easy at first, Meril recalls, "but as my experience grew, I learned to not bring the job home, to take better care of myself. And one key thing I learned at CNR was that I can't be a good nurse unless I am feeling well myself."

The Road Less Taken

Meril's three or four weekly 12-hour shifts may sound grueling, "but the long days go by very quickly. Whatever you experience one day will be totally different the next."

NICU nurses cooperate on scheduling, and Meril notes that the 24/7 demand for medical care offers career flexibility. "That's one great thing about nursing—there's always a way to fit your schedule around babysitting or other needs. You don't have to work 9 to 5."

Originally, Meril says, nursing was the furthest thing from her mind. "I wanted to teach jewelry and ceramics. But when I went to CCNY in 1969, the registration line for their arts program was out the door."

Right nearby, however, was a table for CCNY's new nursing program—with no line at all.

"I figured I'd save time and register there, then just change my major. But the woman at the table was so excited about the program and the joys of nursing that I figured, 'What the hey?' I began to realize that nursing is not just a job but a calling.

"And the first time I saw a birth I started to cry, it was so joyful. I knew I was always meant to work in maternal and infant health.

"What makes it so rewarding is when we take the littlest, sickest baby and ask, 'How are we going to get this baby and family through all this?' And years later the parents and children will visit us and they all are doing so much better." ■

Hoops & Dreams

By Gary Rockfield

Rasheen Davis GS'05



Sidelined by ligament damage in his senior year of college basketball, Rasheen Davis didn't just sit there feeling sorry for himself.

"I'd be watching the games and I started seeing little things, going to the coach with different ideas." So it wasn't long before Rasheen was asked if he'd like to join the staff.

That was at St. Thomas Aquinas College in Rockland County. This fall, just nine years later, Rasheen is in his first year as an assistant coach with Xavier University—one of the most respected college-basketball powers nationwide.

"Most Division I coaches are former Division I college players. I'm very blessed to have come from a small-college background and moved up so quickly."

But Rasheen brings the Cincinnati-area university more than just his on-court instincts. A former New York City school guidance counselor with a CNR master's in that field, the South Bronx native knows how to lend a steadying hand when a prized young athlete has some growing up to do.

"These kids are coming from all different places and all kinds of family situations. Some have parents back home and some don't. We have to keep them focused on why they're getting that $40,000 scholarship. So much is being invested in these 17-year-olds who have never even been away from home before."

And as the new coach in town, Rasheen knows he has some extra work to do.

"Most of the kids don't know if they trust me yet. They don't care how much you know until they know how much you care. And if they don't think you care, that you're genuine, then you don't have a shot."

Four-Minute Wars

Head coaches may be easy to spot prowling the sidelines and badgering the refs, but it's the assistants who quietly do much of the crucial scouting and recruiting.

"People just see the glitz and glamour when they go to a game," Rasheen says, "but coaching is 366 days a year, 25 hours a day."

Scouting an upcoming opponent, he'll work all his contacts to gather insights and get game films. Formerly video coordinator at Pitt University, he then will settle in for days of bleary-eyed viewing, "studying that team's offensive and defensive sets, their out-of-bounds plays, any gimmicks they might pull."

Assistants generally split up scouting on regular-season rivals. "If tonight is one of 'your' games, the head coach will be asking, 'What are they going to do now?' or 'Why didn't you tell me about that play?'" Scouting becomes even more intense during March Madness, the NCAA championship tourney—where each do-or-die match-up isn't set until just days before tip-off.

"Most Division I coaches are former Division I college players. I'm very blessed to have come from a small-college background and moved up so quickly."

But while coaches may obsess on scouting and strategy, players mostly get the Reader's Digest version. "It's basketball, not brain surgery," Rasheen warns. "We don't want our guys thinking too much."

That's why Rasheen sees each game as a series of "four-minute wars"—the playing time between each scheduled TV time-out.

"Coaches try to make things as simple as possible, and breaking the game down into four-minute segments helps. You go out and win as many segments as possible."

It helps to have great players, of course, and when Rasheen is out recruiting up and down the East Coast he knows he's competing against other big-time college programs—while also walking a tightrope of complex NCAA rules designed to keep teen prospects from being corrupted or simply overwhelmed.

"If I'm recruiting a high school junior or senior, for example, I can send him a million e-mails, but I can't text him."

Not Just a Number

When a talented youngster is eyeing Xavier, Rasheen tries to seal the deal by reaching that one trusted individual who will have the most say in the teenager's choice. This can require some digging.

"It may be one or both parents. Say they're divorced—who pulls the most weight?" But it may also be a grandparent or older brother, a coach or mentor, even a girlfriend.

"Each kid is different. Some parents are not there, or simply feel the coach knows best. Other parents are over-aggressive, but hey, it is their kid. I'd rather have that than a parent who doesn't care at all."

And when he finds the right ear, Rasheen has plenty to say about his new employer—a top-20 basketball program and a winner in academics as well.

"One great thing about Xavier is I don't have to lie. I really can talk about 'student athletes.'" While graduation rates are shamefully low at some basketball powers, Xavier can boast that 77 straight senior players have earned their diplomas, dating back to 1985.

"So I'll talk about all the things we can provide to help your son succeed in school. We have a 12-to-1 student-teacher ratio, so he will be a name, not just a number. If he needs tutoring, he'll get it. We'll know how he's doing in class, and we'll be knocking on his door if he's not doing well."

Inspired by his own "wonderful and challenging" high school guidance counselor, Rasheen began counseling at Foreign Language Academy of Global Studies in New York City. He was also assistant-coaching at his own former high school, Rice—the New York Yankees of Harlem hoops. Then came an offer to join the basketball staff at Louisville University, with famed head coach Rick Pitino.



Speaking to a player on the bench during a game at Pitt University

"I went from a great counseling career to the bottom of the barrel, living in the dorm. But coaching for someone like Rick Pitino? You don't pass up that opportunity." Two years at Louisville were followed by two more with Pitt, then a call from Head Coach Chris Mack at Xavier.

Does Rasheen see himself prowling the sidelines as a head coach someday? "Right now," he admits, "I just have too much to learn. Being head coach is like being the school principal. You're not only worried about the kids but about all the adults who work there as well."

Lessons Off the Court

Whatever the future holds, Rasheen's counseling skills will come in handy, especially with young recruits adjusting to college life. He knows how they might feel, recalling how his mother moved the Bronx family up to suburban Rockland County during his high school years.

Despite two star seasons at Ramapo High, "I missed playing ball in the city. We were living in a much better place, but I wasn't a happy camper.

"Still," he adds, "everything happens for a reason." A solid student at Rice, he found Ramapo much tougher. "It made me realize I wasn't as smart as I thought."

And that, Rasheen emphasizes, is a lesson many college athletes must learn. "A lot of them have been able to do whatever they wanted in high school, because they were good athletes. They think they're invincible, and coaches have to take a lot of the blame for this."

Rasheen is just 31, but the pressures of big-time college sports already have him "going on 50." Along with the stomach-churning last-second wins and losses, you never know when you'll get a 2 a.m. phone call that a player's in trouble. Thursday nights in particular—the big student party night on many a campus—can add extra gray to a coach's hair.

"Thursdays are a nightmare for coaches all across the country. A lot even schedule early-Friday practices to try and cut things short," before some late-night bar brawl or other bad decision becomes an ESPN headline.

But there's only so much a coach can do. "It's a lot like being a guidance counselor," Rasheen concludes. "You can give people information, but in the end they have to draw their own conclusions and make their own decisions." ■

NOTES FROM THE JUNGLE

PINKY LIM | SAS'91

The Semoq Beri ("people of the jungle") are one of the 19 Orang Asli people who live in settlements located along the eastern and northern tributaries of the Tembeling and Pahang Rivers in the jungles of Malaysia.

Since May 2008, Pinky Lim, a 1991 graduate of CNR, has been helping the Orang Asli community of Jerantut, working with a team of doctors and nurses. Pinky, a Communication Arts major at CNR, who also earned a minor in business, now owns a home health management business in Kuala Lumpur, and is continuing her education to become a certified Chronic Disease Health Practitioner. Once a month she travels three hours from her home in Kuala Lumpur to the forest region to provide primary healthcare to an aboriginal community. Recently, we emailed Pinky to ask her how she began working with the Orang Asli community.

When I heard from Pastor Dr. Chew Weng Chee about the aborigine outreach program, my heart went out to these people and I signed up as a volunteer. Soon after that, I received a telephone call from the ministry leader asking me to prepare an initial proposal of what I could do with a nutrition and food project for the Orang Asli community in Kampung Paya Lintah, Jerantut.

I now travel once monthly to a village in Jerantut, Pahang. This community is home to an aboriginal group of Semoq Beri. I am one of the core members of this mobile clinic that includes medical doctors, pharmacists, and nurses. My duties are to manage their nutritional and fitness assessments, profiling, nutritional health fitness counseling and education, integrated healthcare interventions, and communal cook and eat programs. There is not much difference in my job responsibilities during my normal weekdays in the city, yet the settings are much different.

On my first trip to the Orang Asli, I remember I woke up at 5 a.m. I was very nervous, and went immediately to the church where I helped load all the medical and other supplies into the church van. Peter Lee was the driver and riding in the car with me were Dr. Thean Yean Kew, Dr. Sook Wei Lew, and Chang Mei Sime, a nurse. It took us until 11 a.m. to reach the village. It is a long drive, over 150 km, and takes three hours of driving on good roads. We were headed for the community center at the edge of the forest. The tree-house village itself is another 20-minute walk into the deep wood. It's not dangerous. We do, however, have to watch out for leeches, millipedes, centipedes, and other insects, but that's about all.

I remember on my first trip, I was horrified at how primitive the place was, as the people lived in wooden shacks, with no beds or furniture, no refrigeration for food. Most of the children were naked when I first saw them as they did not have any clothes to wear. Most of the women and men wore sarungs. Others wore the traditional sun dress, called klaftans, and the men pants.

While some of the Semoq Beri move from place to place, setting up temporary camps, the particular group we work with stay in one place and do not move about.

When we first arrived, we had a lot to do. We had to clean the community hall and it was hot, and the electric generator didn't work. When the hall was clean, we invited the Orang Asli community inside for a simple lunch of sandwiches, coffee and tea, and milo, which is a fortified chocolate milk drink. We wanted to meet everyone, and we did, even the Village Chief, Patek, and his wife, Ibu.

After lunch, our work began. We started by setting up the mobile clinic. I was assigned to measure blood pressure and anthropometry—height and weight. I noticed immediately that there were advantages in this mobile outreach clinic for it instilled great team building spirit. We moved about freely among ourselves and lent helping hands at various clinical and non-clinical counters, such as the clothes distribution station.

Initially, physical education was not included in the program. I was asked to have some social activities for the children and I decided to start with dance therapy. The idea was to have the children contribute a dance movement to be choreographed into one dance routine. The children, however, did not know any dance steps. So, I taught them hippety hoppety, a coordinated, duet kick-dance. They loved it. For the first time since my arrival they happily laughed loudly.

It was hard work until sunset. I focused on health, nutrition, physical, and cookery education. We also gave out seeds so they can plant their own vegetable gardens. And, of course, we danced, too, and had a lot of fun.





The homes shown here are similar to those in the Orang Asli community of Jerantut. Inset left: Helping a child brush his teeth during the dental hygiene workshop. Inset right: Facilitating warm-up exercises during physical education.

At about 6 p.m. we set up the kitchenette for the communal dinner. We cooked stir-fry chicken and vegetable rice. It was a wonderful time to talk with the parents and to feed the toddlers.

That night we took showers in two makeshift shower cubicles, pulled out sleeping bags, and turned off the generator. I was so tired I fell asleep immediately, even though I was sleeping on a hard wood floor.

The next morning, I was up at 6 a.m. It was another busy day, as we set up the kitchenette again for breakfast. I was in charge of cooking chili con carne with hot dogs. Then the iron-cast bell rang, and the community church service began. It was, at first, very strange to have bilingual worships, intercessions, and even the sermon in Bahasa Melayu and Semoq Beri dialects, rather than in English. I did fairly poorly in understanding what was being said, but nevertheless, I felt the presence of the Great God in the community hall.

After the church service, I was back teaching health education with Dr. Thean, a radiologist, who facilitated the education on personal hygiene. At the end of the seminar in health, we grouped the community into three categories—men, women, and children. I worked with the children. Usually what I do in such situations, even in the city, is plan a simple exercise program and teach the children calisthenics. It was so wonderful as the hall is filled up with the children's laughter. Who would have thought that these Orang Asli children were so deprived of fun play and laughter? That experience alone deeply touched my heart.

While I was doing the exercise program, another team set up the kitchenette and prepared lunch. We served a lunch of vegetable omelet and curry chicken with potatoes and carrots served over rice at 1 p.m. Also, it was another opportunity to interact with the whole community. When we were cleaning up after lunch, a group of men who had been hunting the day before turned up, and we reopened the clinic for them, consulted and dispensed medications, and then finally we packed our stuff in the van and headed home.

"It is a long drive, over 150 km, and takes three hours of driving on good roads. We were headed for the community center at the edge of the forest. The tree-house village itself is another 20-minute walk into the deep wood."

I have been involved with the Semoq Beri now for more than two years. Over time I became very close to Patek, the word for "father," and his wife, Ibu, the word for "mother." From the very first, Ibu was comfortable telling me about her life and concerns; she was also very responsive to my nutrition health counseling. I thought I would have a harder time connecting with Patek. At first, he would sit at the back of the community hall and speak only to his friends. Then one weekend, he came up to my consultation desk and started talking, telling me about food and herbs he collects for his health. Then one by one the other men came forward just to talk, and gradually we developed a mutual trust for each other.

Recently, due to my hectic schedule, I did not visit the village for several months, but when I returned, I immediately saw a difference. The village has grown. The children have grown taller, stronger, and merrier. In fact, everyone in the village looks happier and radiant. The children wear clothes now. The women and men still wear sarungs, but now they also wear shirts. There is also a significant increase in the number of children seeking an education, and the adults are eager to learn more about how to take care of themselves and their families.

For me, it has been a wonderful experience. I did not realize when I first heard about the aborigine outreach program at church, and volunteered to help, how important these trips to the Orang Asli community in Kampung Paya Lintah would be to me. Chief Patek and Ibu, and really everyone in the village, especially the children, have become my friends and every month when I visit the forest, it is as if I am going home again. ■

New Vice President for Student Services Named



Dr. Colette Geary joined the College as Vice President for Student Services on July 1, 2010. As the vice president for student services, Geary is the chief student services officer and supervises student development, health services, counseling and career services, student services, athletics, The Wellness Center, and campus ministry. She succeeds Vice President Joan Bristol, who was with the College since 1972.

In making this appointment, CNR President Stephen Sweeny said, "With great excitement, we welcome Dr. Geary to this very important leadership position in the life of the College. We have found in Dr. Geary's experience and expertise an outstanding congruence with the qualities desired in our vice president. We find her to be, above all, passionate about our 'non-negotiables'— our Catholic, Ursuline heritage, the commitment to women, the primacy of the liberal arts and the building of community from diversity."

Geary comes to CNR from Manhattan College, Riverdale, NY, where she was the dean of students. She has held a variety of Student Services' positions since March 1997, including director of counseling and health services and staff psychologist. She has also been a faculty member in Manhattan graduate programs for the past eleven years. Before her work at Manhattan, Geary was staff psychologist at the Veterans' Hospital in Montrose, NY, and had a private practice specializing in elementary to college-age clients. She is a graduate of Manhattan College with a B.S. in psychology. She earned a Ph.D. in Clinical Psychology from State University of New York at Stony Brook.

CNR Names New Vice President for Financial Affairs



Keith Borge succeeded Judith Huntington as the new Vice President for Financial Affairs in July 2010. Borge was previously the College's controller.

In making his appointment, CNR President Stephen Sweeny said, "Keith Borge has been a key person in the ongoing success of The College of New Rochelle. His 31 years with us have been characterized by great passion for our mission, and a reputation for careful, clear thinking with an enviable record of credibility within the community. We are very pleased to find the gifts and talents we seek in our chief financial officer in our own controller who has already made us a stronger institution by his years of exceptional service."

Borge came to The College of New Rochelle in 1979 as chief accountant. In 1981 he was promoted to the position of assistant controller and then to controller in 1983. In this position, he supervised accounting & budget, payroll, accounts payable, bursar operations, and collections.

Borge is the area member on the Middle States Steering Committee. He has had extensive experience working on behalf of the College with Middle States Self Study activities, and for 24 years has been an evaluator for the Middle States Commission on Higher Education. He is an active participant in the National Association of College and University Business Officers (NACUBO), serves on the Eastern Association of College and University Business Officers (EACUBO), and has served as Chair of the EACUBO Financial Review Committee.

He has a B.S. in accounting from Mercy College and an M.B.A. in finance from Long Island University.

CNR Opens Fall Semester with Traditional Wellspring Prayer

In September the freshman class of the School of Arts & Sciences and the School of Nursing and their families were invited for an interfaith prayer service, the Wellspring Prayer Ritual of New Beginnings, held in Holy Family Chapel on the Main Campus of The College of New Rochelle. This traditional opening of school ceremony at CNR was an opportunity for parents and students to pray together one last time before the fall semester began.

A blessing was said by parents over their children, and the students asked a blessing on their parents. At the conclusion, parents lit a candle and handed it to their child—a passing on of the light of God as they begin this new part of their lives. The service was designed and facilitated by Helen Wolf, director of campus ministry, Fr. Joseph Flynn, OFM Cap., College chaplain, and the peer ministers.

Right: At the service, Vice President for Student Services Colette Geary and a new student light a candle for the Wellspring Prayer Ritual of New Beginnings.







At Goodliffe Pond, first year chemistry students Cindy Dickson, Denise Dailey, and Christine Cady along with junior chemistry majors, Stephanie Henriques and Akosuah Agyei, in river boots and with goggles, gloves, and equipment in hand, prepare to take river samples and make chemical analyses at the Sheldrake River.

Sitting on rocks at the edge of the Sheldrake River, Christine Cady, Isamar Gomez, Olivia Rueda, and Dilruba Hossain perform a chemical test that measures the amount of dissolved oxygen in the river water.

CNR Students Volunteer to Help Westchester Environment

Early on Saturday mornings this fall a dozen chemistry and biology students in the School of Arts & Sciences pulled on hip-high boots and adjusted safety glasses and then waded into the Sheldrake River on the property of the Sheldrake Environmental Center in Larchmont.

These undergraduates, studying with Dr. Elvira Longordo, assistant professor of chemistry at CNR, take chemical and physical tests that will be used to elucidate the health of the Sheldrake River.

Standing in cold knee-high water at a point downstream from Goodliffe Pond and Sheldrake Lake, the women measure the water, collecting data that will be entered in the Westchester County Department of Planning database for the Westchester County Watershed Monitoring Program.

The Wellness Center Receives Prestigious Award

Center Achieves LEED Silver Certification



The Wellness Center has received The American Architecture Award for 2010 from the Chicago Athenaeum: Museum of Architecture and Design and The European Center for Architecture Art Design and Urban Studies.

The Museum received over 1,000 projects for new buildings, landscape architecture, and urban planning from firms across the U.S for consideration by The Chicago Athenaeum. The 2010 Jury for Awards was held in Istanbul, Turkey and the awarded 47 projects for 2010 were selected by a distinguished group of Turkish architects, educators, and journalists.

The Wellness Center also recently achieved LEED Silver Certification from the Green Building Certification Institute. The Leadership in Energy & Environmental Design (LEED) is an internationally recognized green building certification system, providing third-party verification that a building or community was designed and built using strategies intended to improve performance in metrics such as energy savings, water efficiency, CO_2 emissions reduction, improved indoor environmental quality, and stewardship of resources and sensitivity to their impacts.

The Wellness Center is one of a very few academic buildings in Westchester County to qualify for LEED certification. The ikon.5 architects, who designed the $27 million Center, placed one-third of the building's square footage below grade which insulates the natatorium and offers a landscaped green roof visible to the community.

Other green elements include harvesting daylight through the skylights above the natatorium and concourse, as well as the clerestory windows in the gymnasium that provide natural day lighting of the major programmatic spaces and assist in reducing artificial lighting during the daylight hours. The granite that faces the building is a locally natural material. This reduced transportation expense and the use of fuel.

FACULTY NEWS

Dr. James Allen, instructional staff, social sciences, recently completed a one-year sabbatical in Africa. While based in Uganda, he also conducted research and field work in Ethiopia and Rwanda. Combining his earlier study completed in Egypt and Kenya with planned visits to the Democratic Republic of the Congo, the Sudan, and Tanzania, will enable him to finish his study of the Batwa people and their contributions to the origins of Nile Valley Civilization.

Dr. Kenneth J. Doka, professor of gerontology, just published a chapter on "Struggling with Grief and Loss" in S. Friedman and D. Helm's (Eds) book, *End-of-Life Care for Children and Adults with Intellectual and Developmental Disabilities*. The book was published by the American Association on Intellectual and Developmental Disabilities.

Dr. Mary Virginia Orna, Scientist in Residence, was recognized by The American Chemical Society (ACS) as an ACS Fellow, an honor bestowed upon 192 distinguished scientists who have demonstrated outstanding accomplishments in chemistry and made important contributions to ACS.

Dr. Roblyn Rawlins, associate professor of sociology, spoke on "Making Mother Modern: Expert Knowledge and the Discipline of American, English, and Irish Mothers, 1870-1930," as part of the York University Graduate Program in Women's Studies Seminar Series, at York University, Toronto, Canada.

Dr. Walter Sullivan Receives New York Council of School Superintendents Distinguished Service Award

Dr. Walter Sullivan, associate professor of educational leadership in the Graduate School and director of The Center for Educational Policy and Practice at CNR, received The Distinguished Service Award from The New York State Council of School Superintendents (NYSCOSS) at their annual banquet held in September 2010 in Saratoga Springs at the Hall of Springs. This award is the most prestigious one given by the Council of School Superintendents, the professional association of 700 school superintendents across New York State.

Sullivan, who has spent 46 years in education, was recognized for his exemplary commitment to public education. He was an active member of the Council for 26 years and a retired lifetime member for five years. His past accolades include being named New York State Superintendent of the Year in 1993, Outstanding Administrator of the Year in the Cayuga-Onondaga area, New York Outstanding Secondary Administrator of the Year by the NYS Library and Media Association, and the recipient of the appreciation award from NYSCOSS.

Sr. Alice Gallin Lecture Series Highlights Ursuline Topics

The College's Office of Mission & Identity hosted two lectures this fall, both presented as part of the Sr. Alice Gallin Lecture Series. "Women & Spirit: The Ursulines and Catholic Sisters in America," featured speaker Sr. Karen Kennelly, CSJ, and highlighted the "Women and Spirit" exhibit at Ellis Island. The Ellis Island exhibit focused on the Catholic Sisters in America and the vital role they played in extending social services, educational opportunities, and health care to people from many walks of life. Sr. Karen's research interests include women in religion with a focus on Roman Catholic sisters in the United States and higher education.

In November, "How Ursulines Overcame Nativism, Feminized Higher Education and Helped Catholics Become Americans" was the topic of a lecture by Scott Appleby, professor of history and the John M. Regan Jr. Director of the Kroc Institute for International Studies at the University of Notre Dame. A historian who studies modern religions and their capacity for both violence and peacebuilding, Appleby is the author or editor of several books, including *Strong Religion* and *The Ambivalence of the Sacred: Religion, Violence and Reconciliation.*

TO WATCH VIDEO of both lectures, visit CNR's YouTube channel—CNR1904.

Latin American Bronx Biennial Shown at John Cardinal O'Connor Campus

The Gordon Parks Gallery at the School of New Resources John Cardinal O'Connor Campus played host to the Latin American Bronx Biennial "Exodo: Exploring Further Evidence" this fall.

As a featured show of the Bronx Latin American Art Biennial 2010, this exhibition featured an eclectic collection of work ranging from traditional media (watercolor, encaustic, and acrylic paintings to photographs, drawings, etc.) to interactive installations and video work by several Latin American artists.





Ursulines Celebrate 475th Anniversary

The Ursuline Sisters celebrated the 475th anniversary of the founding of their order at a Mass celebrated by Archbishop Timothy Dolan on November 20, 2010 in Holy Family Chapel at the College. Founded in Italy in 1535 by St. Angela Merici, the Ursulines came to the archdiocese in 1855; they founded the College in 1904, along with many other schools and continue to serve in educational and social ministries.



Archbishop Dolan and CNR President Stephen Sweeny admire portrait of the late Sr. Dorothy Ann Kelly, OSU, in the Castle Parlors.

TRUSTEES TAKE RETREAT TO ITALY

Several trustees, some of the vice presidents at the College, and President-elect Judith Huntington traveled to Italy this fall for the Angela Experience Retreat. Designed to deepen the understanding of Angela Merici's legacy to the Ursulines, the retreat provided a unique opportunity to experience the origin of the Ursuline story, to reflect together on its meaning for the College today, and brought a renewed sense of meaning for Board members and College administration entrusted with transmitting the future of the Ursuline heritage for The College of New Rochelle. While in Italy, the group visited Desenzano, where Angela was born, and Brescia, where Angela spent most of her adult life and founded the Company of St. Ursula in 1535.



The group stands in front of Number 96 Via del Castello, just below the Castello (the Castle) in Desenzano, which houses the small apartment where Angela was born.

FACULTY NEWS

Robert Wolf, professor of studio art, made two presentations at the first annual Creative Expressive Therapies Summit in New York City—presenting the paper, "Creativity, Cognition, Countertransference: Long-term Expressive Analysis of a Schizoaffective Artist," which was be published in *Psychoanalytic Perspectives* in Fall 2010, and the workshop, "Creative Processing of Dream Material in Psychoanalytic Psychotherapy," which demonstrate how clinicians can use creative modalities to process dream material within a psychoanalytic psychotherapy treatment structure.

Dr. Amy Bass, associate professor of history, gave the talk "Whose Broad Stripes and Bright Stars? The 1968 Olympics and the Creation of the Black Athlete" at the University of Massachusetts. Dr. Bass was invited as a Feinberg Distinguished Lecturer in History.

Dr. Diane Quandt, **Dr. Ruth Zealand**, associate professors of education, **Dr. Alice Siegel**, assistant professor of literacy, and **Dr. Stephanie Squires**, associate professor of special education, made a presentation on innovative pedagogical practices at the Fall 2010 NYSATE-NYACTE conference in Saratoga Springs.

Emily Stern, associate professor of art, exhibited her work in "Degrees of Density: Selections from the Kentler Flatfiles" in the Corn Center for the Arts' Illges Gallery at Columbus State University in Columbus, GA. Curator Marilyn Symmes of Rutgers University selected 54 contemporary drawings for the show.



Reassessing Careers

By Judith Balfe

With the economy seemingly in shambles, and the jobless numbers not showing much sign of receding, many people are reassessing their careers, or lack thereof. Aside from listening to the politicians, the economic strategists and reading in newspapers and magazines about the recession and its effects, it seems to be the sensible thing to do; ask a career counselor what's going on...

Diane Spizzirro, assistant director of counseling and career services at CNR, was a logical choice to talk to when hoping to understand today's job market and the coming employment trends. With a warm and ready smile for colleagues and students alike, Spizzirro joined CNR in 2005, first as adjunct faculty, having just earned her M.S. in career development from CNR, and became a member of the counseling department in 2007. Prior to coming to CNR, she had a rich and varied background, working in the mental health field and in veterans' affairs.

While Spizzirro sees the economy bouncing back at some point, she also expects some jobs not to come back at all due to the restructuring and reorganization taking place in corporations and even small businesses. New ways of accomplishing tasks are being found, and new jobs, which never existed before, are also being created. While some of these new fields sound like something from a science fiction novel, these are real fields answering real needs in this 21st century.

For example, geothermal engineered energy is on the list of new and exciting fields to enter; it offers four times the energy of current electric systems by using the Earth's thermal properties in conjunction with electricity. This system saves money, is cleaner, and is more efficient.

In other fields, more and more jobs need to be created, such as jobs in health care, elder care, and child care. As our population ages, much more needs to be done in gerontology and in thanantology. Other fields are also finding a new need for workers; special education teachers, for example, are finding that there is a need for those who deal with autism, as this is becoming an ever-increasing problem. Occupational therapy is also a career choice that seems to be expanding.

Spizzirro sees the new trends as a positive direction for the job market and suggests one way in which to obtain employment in these fields is through internships, where you can get to know the field and make contacts within it. Though she describes the Internet, as far as seeking employment, as a "big, black abyss," she feels that social/business sites such as LinkedIn can be helpful, as is virtual networking, and getting into good groups in your chosen field can be invaluable.

"Getting a job is a job," she says, and for those who have been out there looking there is general agreement with that statement. "You have to take charge of your career," she adds. "You have to sell yourself. Volunteer, because experience is experience, paid or not."

She also advises including your professional profile in your resume, because those reviewing resumes have less time to read and many don't read cover letters. So critical information should be included in the body of the resume.

"Tell your success story," she says, "and be assertive. You have to use your storytelling skills here as well. Keep yourself

educated, and stay on top of your skills. Retain whatever certifications you have." Your resume can be a form of self affirmation. Often we need to remember how good we are! "Warm leads are great. These job tips and recommendations come from people we know, even friends of friends or acquaintances.

When looking at changing our employment situation, Spizzirro has some excellent tips.

"Use transferable skills. Take yourself out of the institution. What else can you do, where else can you go? For many who are taking buy-outs or retirement packages, the answer might lie in doing contractual work, or doing consulting, working at home. Some people take on two or three part-time positions, even working on commission.

"Many companies don't want to pay benefits. They hire part-timers and independent contractors to avoid paying dues, health benefits, retirement benefits, and other fees. People are living longer and want to continue to work. Also, many of the 50+ group are being forced to retire or leave their jobs due to downsizing. Some may get a 'right-sized' package and they may become entrepreneurs."

What about the recent graduates, and the current students who will soon be entering the job market? Spizzirro calls these "millennium students." And she sees them as very different from those of the past.

"They expect to be promoted. They see themselves as disciplined and independent problem solvers. They are good at team work. Their communication skills may not be good; they are texters, after all, though some corporations may be more tolerant of this. Oral communications, which can be key, are not always used effectively. They need to be more confident in their skills."

Because she sees many students who are just coming into college, what does she think they need most for success in college and in life?

"They need conflict resolution and study skills. Often their concentration span is nil. There may be an almost cognitive change in the brain; they are used to the Internet, they absorb so much information."

And the future? "We must be very aware of global borders. Competition is not as it used to be. The future of schools will depend on fulfilling the changing needs; not so much, what has been, but what will today's jobs morph into?

"We are going through a technical revolution, and none of us knows for sure what to expect. We need to wrap our minds around the possibilities, to be aware of the ever-changing status."

DID YOU KNOW...

All CNR alumnae/i are entitled to lifetime career and placement assistance, free of charge. This includes help with resumes and interview preparation. For information, call (914) 654-5562 or e-mail ccs@cnr.edu.



CNR Volleyball Wins HVWAC Tournament Championship

The CNR Blue Angels volleyball team defended their title and successfully repeated as Hudson Valley Women's Athletic Conference (HVWAC) Champions. HVWAC Sports Information wrote that it was "one of the closest and most exciting seasons of HVWAC volleyball." After rolling past Pratt in the semifinals, CNR came from behind twice against St. Joseph's, overtaking them in five sets behind a strong service game that produced 23 aces. CNR sophomore Elizabeth Johnston was named the Tournament MVP, and two CNR students, Elizabeth Johnston and Patrice Marshall, were selected for the All-Conference Team.



U.S. Congressman Joseph Crowley (second from right) poses with Executive Vice President Ellen Curry Damato, CNR President Stephen Sweeny and Co-op City Campus Director Kristine Southard in one of the smart classrooms.

Co-op City Campus Receives Federal Funds for Technology Upgrades

U.S. Congressman Joseph Crowley recently visited the Co-op City Campus to observe the Campus' new instructional technology, including smart classrooms with Smart Boards and projectors, as well as laptops and desktops, which were purchased with the $167,000 U.S. Department of Education FIPSE grant that Congressman Crowley directed to the Campus. Instructors and students now have better access to Web-based academic resources, which has enhanced the teaching and learning environment.

STUDENT PROFILE:
AKOSUAH AGYEI SAS'12

By Judith Balfe



Most students spend their time during summer vacation working at various jobs, going to the beach, maybe hiking, rafting, or traveling. Akosuah Agyei spent her summer splitting cells and doing research at Albert Einstein College of Medicine.

A pre-med honors student with double majors in chemistry and biology, Akos was selected from a pool of more than 500 applicants as one of 57 to participate in a summer internship at Einstein. During her eight-week internship, Akos was privileged to work in the laboratory of Dr. Susan B. Horwitz, Distinguished Professor in the Department of Molecular Pharmacology.

Dr. Horwitz, the Rose C. Fankelstein Chair in Cancer Research, discovered the mechanism of interference by Taxol (generic name paclitaxel), a natural product from the Pacific Yew tree, in suppressing the reproduction of cancer cells. Since this finding, Taxol and other drugs modeled on its chemical structure have become a new chemotherapeutic weapon in the treatment of breast and ovarian cancers. Because some breast cancers have exhibited resistance to Taxol, Dr. Horwitz has more recently focused her research on understanding the mechanism of this resistance at the biochemical and cellular levels.

At Einstein, Akos studied the correlation between intrinsic differentiation status and biochemical characteristics of senescence (proliferative arrest) in four types of in vitro breast cancer cell lines treated with Taxol.

"During this internship," Akos says, "I had the opportunity to talk to people who are researchers, medical doctors, and both. From the conversations I had with the people in these professions, I realized that I can become both a doctor and a researcher. Meanwhile, the more I did cutting-edge research the more I wanted to become a researcher. I feel blessed to have had the opportunity to participate in this internship because it gave me a window into my future career."

Her interest in the medical world is in keeping with her family's pursuits and ideals. She watched her uncle, a veterinarian in her homeland of Ghana, operate on a wild tiger and saw the remedies he would sometimes use. She also shared his interest in conservation. Her father is a pharmacist, and she lived with an aunt who is a doctor. From the age of eight she has had an avid interest in science and math and was president of the Science Club and the Red Cross Society in elementary school. In high school she was a member of the Science and Math Quiz Team and now she is the vice president of the Science and Math Society at CNR.

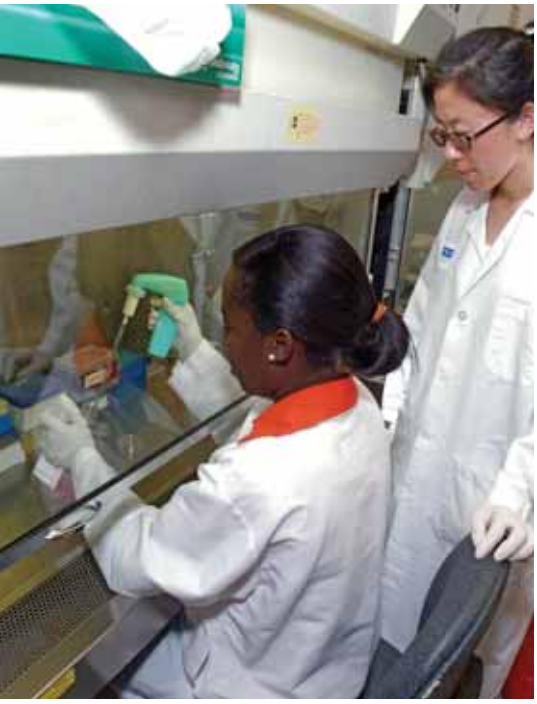
While she's been around medicine, hospitals, and healing for most of her life, she is more drawn to the research aspect of healing. She hopes to be able to go back to Ghana at some point to do research especially with the diseases that are prevalent there.

Akos is also happy that she chose The College of New Rochelle to earn her degree. She points out that not only did Dr. Elvira Longordo, assistant professor of chemistry, encourage her to apply for the internship at Einstein, but she also visited her in the lab. Dr. Horwitz was so impressed with Akos' work that she approved her request to volunteer in her laboratory during the academic year 2010-11.

Though it doesn't sound as though she has time to do very much besides work and her studies, she is a peer minister and is also very involved in the College's Gospel Choir and loves Christian music. She also learned something nonscientific at Einstein, to swing dance, and hopes to take a trip to Utah, where she says they swing dance a lot. And she is learning how o swim. "I love the water, but I don't know how to swim."



Akos with Dr. Susan Horwitz



Akos with Dr. Lingling Liu

What's in Akos' future? She hopes to earn an M.D. or Ph.D. Akos is very grateful to the Dean of Admissions at Einstein, Noreen Kerrigan, to Dr. Horwitz, members of the Horwitz lab, and the chemistry professors at CNR for the experience of her internship which has really given her an idea of what her life and career would be as a medical researcher. "Most people don't get that opportunity," she says with a smile.

For a young lady who learned to swing dance and split cells in one summer, who sings in the Choir, is learning to swim, and is doing extraordinarily well in her studies, it doesn't seem at all difficult to imagine her in a few years working in her chosen field with infectious diseases, learning how cells respond to disease, and then possibly producing a drug that can cure or treat them. She wants to train others to do research as well. It sounds like CNR has a very promising young scientist.



Pictured with CNR President Stephen J. Sweeny are (l-r) Tanysha Farley, Zena Jamal, Kristen Diaz, and Jane Fitzpatrick.

Students Recognized for Outstanding Service

During Founder's Day, four CNR students were presented with *Serviam* Awards for outstanding community service. Established by the Ursuline Institute and continued by the College, the annual awards honor those students who best embody the Ursuline philosophy of *Serviam* (I will serve) and support the College's mission of education for service. This year's recipients are Kristen Diaz, Tanysha Farley, Zena Jamal, and Jane Fitzpatrick.

Kristen Diaz of the School of Arts & Sciences has participated in LEEP (Leadership Education and Empowerment Program), student government, and residence life and has volunteered for numerous activities on behalf of the Honors Program and Women's Studies. She is actively engaged in Campus Ministry serving as a Eucharistic minister and on Midnight Runs. This past January she went on the Habitat for Humanity-CNR Plunge to New Orleans where she says she "not only learned how houses were built, but how much she was able to contribute to a large service project" and perhaps more meaningfully, where she "met other people willing to make changes in the world."

Tanysha Farley, who is enrolled at the SNR Co-op City Campus, organized a series of fundraisers at the Campus this past year to support her CNR Plunge trip to New Orleans, which she describes as the "most rewarding service she has ever done." Encouraging her six-year-old to donate toys for children, she also teaches her daughter service by fundraising for other children so they can participate in activities they cannot otherwise afford. She organized a team several years ago that annually walks the 5K Avon Walk Against Women's Cancers.

Zena Jamal of the School of Nursing says her volunteer experiences "have provided her the opportunity to meet wonderful people who are very driven to better the world we live in one person at a time." On campus Zena serves as the president of Student Government Association, a member of the volleyball team, and an SOS (Student Orientation Staff) leader and volunteers to recruit students to join her at CNR. She volunteers as a teaching assistant at a local mosque and at Vassar Brothers Hospital. She participates with Campus Ministry working with the Hope Soup Kitchen in New Rochelle, and this past January worked with Habitat for Humanity and CNR as part of the Plunge to New Orleans.

Jane Fitzpatrick, a student in the Graduate School and the mother of three daughters, donates a tremendous amount of time above and beyond family. She has been a Girl Scout troop leader and has served the community working with the elderly, with toddlers, and the Parent Teachers Organization, where she has served as president, fundraiser, and yearbook coordinator. She works through her church and with her family serving holiday meals to people in need and has taught the CCD (Sunday School) program for three years.

Rubin Museum Alumnae/i Networking Event

On November 3, a group of CNR alumnae/i gathered for a tour at the Rubin Museum in New York City. The group of alumnae/i from all four schools toured the exhibit "From the Land of the Gods: Art of the Kathmandu Valley." The exhibit featured examples of Nepalese art from the RMA collection, highlighting the variety of forms and subjects, techniques, and media that emerged from the creative matrix of the Kathmandu Valley. This event was graciously sponsored by Anne-Marie Nolin SAS'75, head of communications at the Rubin Museum.

Co-op City Campus Holds Fall Symposium

Graduates of the Co-op City Campus returned on October 5, 2010 to speak to students on "How My Experiences & Learning Redefined My Identity" as part of the fall symposium. Sonia Russell SNR'08 (standing in photo), author and poet, told her story of achieving publishing success while still a student at SNR. Russell is the president of the first poetry ministry with Holy United Baptist Church in Queens. Joseph Collazo SNR'06 (seated in photo) described how after graduating from CNR with honors he went on to Princeton Theological Seminary on full scholarship and graduated in 2009 with a master's of divinity. Today he is staff chaplain at the Morgan Stanley Children's Hospital.



Opportunities and Challenges in American Education Subject of Faculty Lecture Series

The CNR Faculty Lecture Series began this year with "Opportunities and Challenges in American Education: From Policy to the Classroom" on October 7, 2010, featuring Dr. Walter Sullivan, associate professor of educational leadership in the Graduate School and director of the Center for Educational Policy and Practice at the College, and Meghan Sullivan Troy, who holds a M.S. in curriculum and teaching from Fordham and a M.S. in educational leadership from CNR.



Alumnae Gather in Cape Cod

Alumnae and friends gathered at a reception hosted by Lesley and John Nicholson at their home in North Chatham, MA, on August 7, 2010. The afternoon was filled with great conversations and wonderful memories of CNR.

Clockwise from top left: Nancy Cusick Kesseli SAS'50, Ann Erisman Garrahan SAS'49, & Margaret Stanislaus SAS'57 ▪ Helen Martin Maloney SAS'51, Patricia Murphy Ayres SAS'51, Patricia O'Donnell Lynch SAS'51, & Marilyn Grimm Doherty SAS'51 ▪ John Nicholson, CNR President-elect Judith Huntington, CNR President Stephen Sweeny, & Lesley Nicholson ▪ CNR Executive Vice President Ellen Curry Damato, Marcelle Willock SAS'58, & Peggy Nicholson.

Hamptons Site of Alumnae Gathering

Barbara Grodd SNR'75 was host to over 30 alumnae and friends gathered at a reception at her home in the Hamptons on July 24, 2010.

Left: Pat Byrnes Lammers SAS'53, Frank Lammers, Elsa Boger Rogers SAS'53, & Helen Higgins Fitzgerald SAS'50 ▪ Top right: Barbara Grodd SNR'75, CNR Vice President for College Advancement Brenna Mayer, Marsha Ambler, & CNR Board of Trustees Chair Michael Ambler ▪ Bottom right: Mary Ann Geraci Marriott SAS'59, Pat Colahan Cunningham SAS'59, Patricia Lynch SAS'59, & Marion Carbery Lechowicz SAS'59



We Remember



John Shands

On July 23, 2010, John Shands, security corporal on the Main Campus, passed away. John joined the College as a part-time security guard in 1993 and became a full-time employee in 2000 working on the 4 p.m.—12 a.m. shift. John is remembered as a highly respected and dedicated member of the security team.



John McHugh

John McHugh, one of the most familiar faces on the Main Campus, died suddenly in October 2010. A member of the College's security staff since 1983, John, a security corporal at the time of his death, could be seen throughout the day patrolling campus, enforcing parking regulations, responding to emergencies on campus, and transporting students, faculty, and staff to various parts of the campus. For 27 years, John served the College Community with his strong work ethic and dependability as well as his wonderful smile and ready laugh.



Sr. Yolanda DeMola, SC

A gifted and generous educator, Sr. Yolanda DeMola died on October 18, 2010, at the age of 88. Sr. Yolanda joined the College as assistant director of Learning Support Services in 1989. She became the assistant to the associate vice president for academic affairs for special projects in 1990, a role she continued in for nine years. She used her expertise to reach out to Hispanic students in a variety of ways including working with Admissions to recruit students from Puerto Rico and maintaining a special relationship with the Latin American Women's Society.

May They Rest in Peace

Ann M. Black '55



Ann M. Black '55, former member of the CNR Board of Trustees and past president of the CNR Alumnae/i Association, retired psychologist and guidance counselor for the Fairfield Public Schools, teacher, advisor, mentor, volunteer, role model, CNR Heritage Society Member

How Will You Be Remembered?

Few of us will actually change the course of history, write a timeless symphony, or cure a terrible disease, but everyone has an opportunity to leave their imprint on the world and make a difference in the lives of others.

We can help make the world a better place by raising children to be kind and generous, helping people in need, contributing time and effort in our communities, and bringing joy to others with the talents and abilities we have.

Every day, countless nonprofit organizations address society's educational, cultural, social, economic, health, humanitarian, and spiritual needs. By supporting their efforts through estate-planned charitable giving, we assure ourselves—and future generations—of better and more fulfilled lives.

Make a difference. Leave a legacy.
CNR Heritage Society

For information about the benefits of supporting the College through an estate-planned charitable gift, please contact: Mynetta McCutcheon, The College of New Rochelle, Office of College Advancement, 29 Castle Place, New Rochelle, NY 10805. Telephone: (914) 654-5916 ▪ Fax: (914) 654-5290 ▪ E-mail: mmcutcheon@cnr.edu

CNR Wisdom for life.
The College of New Rochelle
29 CASTLE PLACE
NEW ROCHELLE, NY 10805-2339

Save the Dates

Save the Dates for these Upcoming Events

DATE	TIME	EVENT/LOCATION
FEBRUARY 2011		
Sunday, February 6	4 p.m.	Vero Beach, Florida Reception
Friday, February 11	12:30 p.m.	Palm Beach, Florida Luncheon/Café Boulud
MARCH 2011		
Thursday, March 3	3:30 – 7:15 p.m.	Forum — The Changing Face of Education 2011 Education Hot Topics Audience: College Faculty, K-12 Teachers, Administrators
Monday, March 14	10:30 a.m.	Naples, Florida/Botanical Gardens Tour & Lunch
APRIL 2011		
Thursday, April 7	6:30 p.m.	Trustee Gala ▸▸▸
MAY 2011		
Sunday, May 1	12 p.m.	Strawfest
JUNE 2011		
Saturday, June 11	All Day	Alumnae/i College

For more information, contact Linda Grande at (914) 654-5288 or lgrande@cnr.edu.

